

Protein Eggplant Bites

Visual Recipe
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2 eggplants
2 tbsps ~ 1oz ~ 30g ground flax seeds
2 scoops ~ 2oz ~ 60g pea protein powder
½ tbsp miso paste

LEVEL UP! Add ready salsa and sesame seeds.

2 PORTIONS

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C). Peel and dice eggplants and add to a baking tray lined with baking paper. Bake in the oven for 20 minutes or until eggplant is cooked through.

2. Combine cooked eggplant, ground flax seeds, pea protein and miso paste in a mixing bowl. Mix until well combined and dough-like.

3. Shape into 16 bite-sized balls and add to a baking tray lined with baking paper. Bake in the oven for 10 minutes or until the tops begin to golden brown.

4. Transfer to a plate. Add ready salsa sprinkled with sesame seeds.

